

## **Arlington Council on Aging**

### **Meeting Minutes April 20, 2017**

**Present:** Mara Klein Collins, Jim Munsey, Paul Raia, Noreen Murphy, Jill Greenlee, Rick Fenton, Ann Fitzgerald, Dick Phelps, and Marge Vanderhill.  
Associate member present: Karen Nichols and Bob Tosi

I. Call to order: The regular meeting of the Council on Aging Board was called to order by Mara Klein Collins at 6:00PM on March 16, 2017, at 27 Maple Street, Arlington, MA.

II. Minutes of March 16, 2017, moved to approve by Jim, seconded by Paul.

III. Friends of COA: Board members should contact the town counsel, Douglas Heim, with any questions related to this issue.

IV. Report of the Chair: Mara is in conversation with the town counsel and Christine Bongiorno regarding the Friends.

V. Executive Directors Report:

A. The Friends of the Arlington Council on Aging have not yet responded to our mini grant requests dated November 2016.

B. The nurses from UMASS Boston and Northeastern are finished this month. Many thanks to Janet Lipkin, MS for accepting our offer to secure her services to provide the clinical supervision after Mark Waksmonski's departure. The nurses from UMASS Boston will end their semester at the COA on April 27.

C. Paul Raia, Anne Fitzgerald, and Susan Carp met with Anita Albright on March 23 to establish first steps for drafting the Age Friendly application. Sub-committee set April as the target for having the draft complete for board review and approval before the request is submitted to Adam Chapdelaine, Town Manager

D. May is Older American's Month and as usual, we will have a lot going on. We will be showing "Age of Champions" which is a documentary of the older adults that participate in the Senior Games. It will be shown at the center on May 18.

E. The Town of Arlington has offered Joanna Cirillo, RN the position of COA Nurse. Joanna will begin June 1 and will work 35 hours per week during June and then resume her normal schedule of 24 hours per week as the new FY begins

F. Kya Roumimper, Community Engagement Fellow from Merrimack College has been matched with the ACOA and will arrive mid-August to begin her 9 month assignment. Kya will be here 25 hours per week and her primary focus will be working on all aspects of the Age Friendly initiative.

G. Hannah Plasker, MS candidate at Regis has completed her semester with the ACOA. Hannah participated in groundwork activities for the Age Friendly initiative, Civics Day, Transportation Fair, Interviews with seniors, and her finale was filming on Living Out Loud with a focus on steps to delay the need for long term care. Thank you to Hannah!

H. The ACOA, Greater Boston Food Bank, and the Arlington Food Pantry launched the FREE grocery program based at Drake Village. The program provides 30 pounds of free groceries per month and includes products such as cheese, peanut butter, cereal, milk, juice, farina, canned veggies, canned fruit, beef stew, pasta sauce, pasta. This program is not limited to Drake Village residents – this site was chosen given it's the furthest point from the Arlington Food Pantry and is of size to accommodate the delivery. On the first day of the program we served over 50 seniors! The Greater Boston Food Bank has advised that we can continue to take registrations for this great program. Chris Angel is our point person for registrations at the ACOA office.

I. ED received a grant to be a host site for "Being Mortal". This film will more than likely be shown at the Regent Theater during the month of June. A condition of the grant is that we have surveys and discussion AFTER the film is show. The film is in line with our well attended program, "When the Hearse Backs up to the Door; Developing Strategies for a Good Death" which will be offered early fall.

J. The COA and True Story Theater will be collaborating on a project for Elder Abuse Day. We partnered on a grant that they received and the program will be a large community event on June 15.

K. Plans for the Volunteer Luncheon are well underway. The Formula Grant through the Executive Office of Elder Affairs provides for some funding of this event. The ED will use the COA Gift account for any excess for this event as a previous grantor is not able to assist at this time.

L. Bridges Together, an intergenerational program has begun again. The COA has 14 seniors participating.

M. The Walk the Rink program, previously funded by the Friends of Arlington COA will continue! BrightView of Arlington, Lahey Clinic and Hospital, Mt. Auburn Hospital, Noreen Murphy, Elder Law Attorney, Salter Health Care, and Watertown Savings Bank are all \$250 sponsors for this event. Thank you to our sponsors for supporting this long running program.

N. The Transportation Fair was a success. Bill Murphy worked with 6 volunteers to create a high profile event. In an effort to keep folks moving, 75 individuals were registered as NEW Senior Charlie Card applicants. Attendees were also educated on the various transportation options available through the Council on Aging.

O. ED received an offer from Bay State Physical Therapy to perform FREE fall risk assessments for up to 15 seniors. This assessment will occur on May 23.

P. ED spoke with Lahey representatives about offering a Matter of Balance at the COA. Lahey will provide the instructors FREE of charge and we anticipate offering the program in the fall.

Q. The Central School committee met and advised all that the brick driveway in front of the senior center is slated to be repaired/replaced during the summer. Other improvements will also occur around the parking lot including the installation of a ramp in the back of the building.

R. Thank you to all who reached out to legislators over the concern of The Ride being discontinued AND the intent of shifting transportation needs to the COA network. We were collectively successful in that the MBTA has now decided to seek alternative budget cuts.

S. To raise funds Susan will secure a date and timing company for a road race to be held in September. Jill, Mara, Jim, and Rick will work as a sub-committee.

VI. Old Business: Minuteman Senior Services

A.. The Executive Board received a report on financials. Funding for the Shine program, Meals on Wheels, and other programs is threatened by federal budget cuts.

B. The Board is involved in writing new strategic plans for the agency.

C. The representative from the Harvard COA gave a report on their program.

VII. New Business:

A. Nominations for COA officers are needed for a June vote. Chair, Vice-Chair, and Secretary positions are open. Noreen and Jill will be the nominating committee.

B. Paul, Jim, and Noreen's memberships are up for renewal.

VII. The meeting was adjourned at 7:24pm.